



## Houghton Park

6301 Myrtle Ave


Long Beach, CA 90805

Phone: (562) 570-1640

# Houghton Park - Senior Program

## February 2018

**Hours of Operation: Monday - Friday 9:00a.m. - 2:00 p.m.**

| Monday                                                                                                                      | Tuesday                                                                                          | Wednesday                                                                                                                                                                          | Thursday                                                                                                                 | Friday                                                                                                                                                |
|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>5</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Intro to Spanish</li> <li>• Tai chi</li> </ul>  | <p>6</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Art Class</li> </ul>  | <p>7</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Tai chi</li> </ul>                                                                                     | <p>8</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Tech Help</li> <li>*Jewelry Class</li> </ul>  | <p>9</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Yoga</li> <li>• Bingo</li> <li>* Fire Ambassadors Presentation</li> </ul> |
| <p>12</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Intro to Spanish</li> <li>• Tai chi</li> </ul> | <p>13</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Art Class</li> </ul> | <p>14</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Intro to Spanish</li> <li>• Tai chi</li> <li>* Valentine Celebration</li> <li>* Mini-Craft</li> </ul> | <p>15</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Tech Help</li> </ul>                         | <p>16</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Yoga</li> <li>• Bingo</li> </ul>                                         |
| <p>19</p>                                 | <p>20</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Art Class</li> </ul> | <p>21</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Intro to Spanish</li> <li>• Tai chi</li> </ul>                                                        | <p>22</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Tech Help</li> <li>*Jewelry Class</li> </ul> | <p>23</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Yoga</li> <li>• Bingo</li> </ul>                                         |
| <p>26</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Intro to Spanish</li> <li>• Tai chi</li> </ul> | <p>27</p> <ul style="list-style-type: none"> <li>• Dance Fitness</li> <li>• Art Class</li> </ul> | <p>28</p> <ul style="list-style-type: none"> <li>• Chair Aerobics</li> <li>• Intro to Spanish</li> <li>• Tai chi</li> <li>*Mini-Craft</li> </ul>                                   |                                                                                                                          |                                                                                                                                                       |

Our staff is committed to maintaining a safe and productive environment for people 50 years of age and over who are participating in the Senior Program.

### Special Events/Services/Classes

- \* Jewelry Class, 2/8 & 2/22, 12:30pm-\$3
- \* LB Fire Ambassadors Presentation, 2/9, 11:30am
- \* Mini-Craft, 2/14 & 2/28, 12:30pm
- \* CLOSED Monday, 2/19/18

### Daily Activities

Monday - Friday

- Open Computer Lab, **M - F** 9am - 2pm
- Cardio & Weight Room, **M - F** 9am - 2pm
- Chair Aerobics, **M/W/F** 9am - Free
- Intro to Spanish, **M/W**, 10am - Free
- Tai Chi, **M/W**, 11:15am - Free
- Dance Fitness, **T/TH**, 9am - Free
- Art Class, **Tuesdays**, 12pm, Free
- Tech Help, **Thursdays**, 11am-1pm- Free
- Bingo, **Fridays** 10am - 11am - Free

### Activities Subject to Change Without No-

**HSA - Human Services Association Senior Service Department**

**"Where Caring Becomes Doing"**

**Dining Mon-Fri, 11:30 am**

**(562) 428-6538**